



## WHAT KIND OF DREAMER ARE YOU?

What were my childhood dreams?

A large, empty light blue rectangular area intended for writing answers to the question above.

What kind of dreamer are you?

- The Never-Dreamer Type
- The “I Gave up on My Dream”
- The “I’m Too Tough for Dreams”
- The “I’ll get what I want no matter what it takes”



## YOUR TEMPERAMENT WORKSHEET

What's the temperament I most align with?

What's my secondary temperament?

- Phlegmatic
- Supine
- Sanguine
- Melancholy
- Choleric

My Primary temperament strengths:

My Primary temperament weaknesses:



## INNER VOICE

What am I fearful of?

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When did those fears begin?

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Whose voice do I listen to most?

- The Peaceful voice
- The Confusing Voice
- The Critical Voice



## EMOTIONAL TRACKER

If I handed you a check for \$10,000 what would you do with it?

What are you pushed by?

- Pain
- Profit
- Power
- Purpose

What stirs your emotions in a big way?

Example: joy, sadness, anger



# GIFTS TRACKER

What are your gifts?

How are you allowing others to limit your gifts?

How are you nurturing your gifts?



# THE 7 SHADES OF YOU WORKSHEET

Assess the following seven shades of you and list everything that you would like to see taking place in your life in order to call that 'shade' a success

Personal Life

Work Life

Family Life

Spiritual life

Financial life

Personal development

Health



## “MY WHY”

**My Gifts**

Why

**Goals for my gifts:**

Why

Why

What feelings are rising up?

**My Values**

Why

**Goals for my values**

Why

Why

What feelings are rising up?





## “MY WHY”

**Things that stir my emotions**

Why

**Goals:**

Why

Why

What feelings are rising up?

**What I discovered about myself.**





# WRAP IT UP WORKSHEET

## Organize it all:

Childhood dreams

Temperament strengths

Temperament weaknesses

Personal strengths

Personal weaknesses

Likes

Dislikes



## WRAP IT UP WORKSHEET

Organize it all:

Gifts/talents

7 shades

Now take everything that you have discovered about yourself and what you were created by God to do and use it write your purpose statement. To do so, fill in these blanks:

*I was created to \_\_\_\_\_ (what)*  
*for \_\_\_\_\_ (who)*  
*by \_\_\_\_\_ (how)*  
*so that \_\_\_\_\_ (their benefit).*

\_\_\_\_\_  
*Signed*



## MY TIME VAMPIRES

- \_\_\_\_\_ How many quick errands do you run that can be combined with other errands?
- \_\_\_\_\_ How many hours do you spend driving when you can carpool?
- \_\_\_\_\_ How many hours a day do you spend on social media?
- \_\_\_\_\_ How many hours a day do you spend watching TV?
- \_\_\_\_\_ How much time in a day do you spend on the phone catering to the needs of others? (list unless it's part of your job description)
- \_\_\_\_\_ How much time do you spend procrastinating?
- \_\_\_\_\_ How much time do you spend reacting to other people's needs(including kids)?
- \_\_\_\_\_ Other time vampires?

**Total hours per day \_\_\_\_\_ x 7 = \_\_\_\_\_**

**What I chose to allocate that time to instead ?**

**Development**



## RETHINK, RENEW, REWRITE

The Thought:

Where did it come from?

What's the truth?

The New Thought:

The Thought:

Where did it come from?

What's the truth?

The New Thought:



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## WHAT DO I NEED?

What skills do I need?

What support do I need?

What self care do I need?

What spunk do I need?



## **STRENGTHEN MY SPIRIT**

What do I need to build endurance?

What do I need to build patience?

What do I need to build character?





# NOW WHAT WORKSHEET

Write out as many ways as you can think of to fulfill your higher purpose.

Pick two that appeal to you

Lay out everything that goes behind making that possible

Look for overlap and common areas

Line it up against the 7 shades of you

Factor in your temperament (does it compliment or contradict)



**NOW WHAT WORKSHEET**

*My plan from here:*

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